

Sabers Men's Basketball

Fitness and Skill Achievement Challenge



The only true motivation is self-motivation.

(varsity level listed first / junior varsity level second)

9 FITNESS TESTS

Strength, Power, Size

- push ups: 101/81 in five minutes (*nose and belly to ground, back straight; rest breaks OK*)
- pull ups: 15/12 in two minutes (*full extension at bottom, chin must touch bar*)
- dead lift: 100/80 kgs, 5 repetitions (*get technique instruction first*)
- rope climb: twice in a row/once up and down (*touch black metal part at top of rope; don't burn your hands coming down; don't jump down!; varsity – rest 30 seconds, then go again.*)

Quickness, Agility, Explosiveness

- defensive shuffle: cross-court shuffle; start at one black sideline, touch 3 white lines and opposite black sideline; must bend down and touch all lines with your hand (*no cheating*); cannot run, cannot cross feet (*shuffle only*); under 23/24 seconds.
- best jump: 6 heights – 1) slam dunk, 2) rim grab, 3) rim touch, 4) support touch, 5) backboard touch, 6) net touch.

Endurance, Speed

- beep test: 110/100; speed and endurance.
- Katsuoji mountain run: no time limit (*about 25 minutes*), but no stopping.
- tire push: 60m/40m; no stopping; big tire.

8 SKILL TESTS

Ball handling

- juggling: 1 minute (or 100 tosses per hand); no drops
- weak hand dribbling and lay-up: full court dribbling up and back twice (*4 lengths*), making 4 weak-hand lay-ups in a row (*jumping off correct foot, proper form*); start from baseline, get your own rebounds; under 28/30 seconds (*no traveling or double dribbling or mishandling or misses*)

Shooting

- shooting clinics: attendance at one clinic and/or personal instruction by coaches
- free throws: 10/8 in a row, no misses
- mikan drill: 30/20 in a row (15/10 right, 15/10 left), no misses or mishandling
- 1-foot swish drill: 5/4 swishes in a row with heavy ball, correct “push” form
- jump hook: 2/1 in a row from 3 spots (6/4 in a row, total): right low post (bank shot), left low post (no bank), middle of the lane (no bank) (*“left” and “right” as you face basket from free throw line*)
- 3-point shooting: 1 minute, partner rebound; post players: 4/3 successful shots, perimeter players: 6/5 successful shots



**Do what you *have* to do now
so that you can do what you *want* to do later.**



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Fitness and Skill Achievement Tests

What gets measured gets done.

PROCEDURES

- Your performance on the tests will be evaluated by the coaches.
- There are two sets of levels: varsity and junior varsity. On the test sheet, the varsity level is listed first. Example – push ups: 101/81 (101 for V, 81 for JV).
- Group testing will occur a few times during practices, but most testing needs to be done on your own time.
- You will not – cannot – complete all tests at one time.
- A coach, teacher, or reliable player must witness your attempts.
- You can take a fitness or skill test as many times as you like, but don't waste the coaches' time by asking them to watch you if you are not ready. Don't attempt a test until you have successfully completed it once on your own so that you know you can do it. Train and practice and prepare, please. Record your progress on your chart.
- Do not be satisfied with passing a test once. Challenge yourself to practice the tests so that you can pass each one easily and repeatedly.
- Group Katsuoji runs will be scheduled once or twice on early weekend mornings.
- Group beep tests will be scheduled once or twice throughout the season and during the off-season.
- All players must first learn how to do a proper dead lift. The coaches will show you. Do not attempt dead lifts without proper instruction; you may hurt yourself.
- Rope climb: place gym mats under the rope for safety; do not slide down the rope too quickly – you will burn your hands. Varsity: rest only 30 seconds.

RATIONALE

- We need to improve our strength, power, explosiveness, speed, quickness, agility, endurance, ball handling, and shooting.
- We need to do prepare for and complete these tests during the pre-season so as to be ready for the season. There is not enough time in practice to do these tests.
- We need to be committed to continual improvement. Training for and achieving these fitness and skill levels shows your continual commitment.
- Periodic testing will encourage you to get fit and stay fit, and to work continually on your skills.

I've never known a man worth his salt who in the long run, deep down in his heart, didn't appreciate the grind, the discipline. There is something in good men that really yearns for discipline and the harsh reality of head to head combat.

legendary Green Packers Football Coach Vince Lombardi

Sabers Men's Basketball Varsity Fitness and Skill Achievement Levels

Player name: _____

		push ups	pull ups	dead lift	rope climb	defens. shuffle	best jump	beep test	Katsu oji	tire push	juggling	weak hand dribbling, lay-up	shooting clinics	free throw	mikan drill	1-foot swish	jump hook	3-point shot	
		101/81, 5 min.	15/12	100/80 5 reps	twice once	23/24 sec.	rg, rt, s, bb, n	110 100	nonstop	60 / 40 m	1 min.	28/30 secs. 4 lay-ups	once w/coaches	10/8 in a row	30/20 l and r	5/4 heavy	2-2-2 1-1-2	6/4, 5/3 1 min.	
example	12 日	12 th 51	13 th ✓	14 th ✓	15 th ½	12 th 28	13 th rt				12 th 15s	12 th 33 sec.		13 th 7	14 th ✓	14 th ✓	14 th ✓	14 th 2	
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PROGRESS CHART: Use this chart to record your progress, occasionally filling in boxes as you like.

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ACCOUNTABILITY: "What gets measured gets done."

Player name:

Date:

Personal Report Sheet

			Achieved? (yes, no)	Measurement (time, reps, etc.)
1.	Push ups	101/81; 5 minutes		
2.	Pull ups	15/12; 2 mins.		
3.	Dead lift	100/80 kgs, 5 reps		
4.	Rope climb	twice/once		
5.	Defensive shuffle	23/24 seconds		
6.	Best jump	d, rg, rt, sup, bb, n		
7.	Tire push	60m / 40m big tire		
8.	Juggling	1 min. / 100 tosses		
9.	Weak hand dribbling, full court lay ups	4 lay-ups, 28/30 seconds		
10.	Free throws	10/8 in a row		
11.	Mikan drill	15/10 right 15/10 left		
12.	1-foot swish (heavy ball)	5/4 in a row		
13.	Jump hook	2-2-2 or 1-1- 1		
14.	3-point shot	6/5 or 4/3, 1 minute		
15.	Shooting clinic	with coach		
16.	Beep test	110/100		
17.	Katsuoji run	nonstop		

Show this report sheet to the coaches occasionally.
Indicate your achievement level and measurement.